



me +

Guiding the way to confident living
with intermittent catheterisation

Continence Care Emotional Wellbeing Workbook Module 4

This workbook has been designed to accompany the wellbeing modules, providing you with a space to reflect and follow along with the guided exercises.



Welcome

We're delighted that you've taken this important step in navigating the journey of becoming an intermittent catheter user. At this moment, you may have a range of feelings about this, and we're here to support you in exploring them.

We recommend working through each module over at least one week, possibly two or more if you need to. Each module contains guided exercises to complete in your workbook alongside the videos.

To get the most out of the programme, use the resources available and do the home practice.

While the modules are designed to be sequential, you can skip ahead to address specific needs. If you skip ahead, remember to return to the earlier modules later to get the full benefit.

Wellbeing modules

- 1 Getting familiar with catheterisation
- 2 Common fears & reducing pain
- 3 Enhancing life with catheterising
- 4 Socialising & social context**
- 5 Movement & catheterising
- 6 Intimacy
- 7 Facing your feelings
- 8 Negative thoughts & your relationship with yourself
- 9 Building confidence in yourself
- 10 Who are you now and where are you going?

Ready, let's continue

Daily pixel tracker

It can be helpful alongside the module reflections to recognise how you are feeling daily to track changes as you move through the programme.

Simply click the emotion that represents your current mood.

There are some suggestions below but feel free to add some additional emotions in the spare boxes.

	Terrified	Anxious	Frustrated	Unsure	Ok	Relieved			
Week 1	Mon	☹️	😬	😞	😟	😐	😊	😌	😏
	Tues	☹️	😬	😞	😟	😐	😊	😌	😏
	Wed	☹️	😬	😞	😟	😐	😊	😌	😏
	Thurs	☹️	😬	😞	😟	😐	😊	😌	😏
	Fri	☹️	😬	😞	😟	😐	😊	😌	😏
	Sat	☹️	😬	😞	😟	😐	😊	😌	😏
	Sun	☹️	😬	😞	😟	😐	😊	😌	😏
Week 2	Mon	☹️	😬	😞	😟	😐	😊	😌	😏
	Tues	☹️	😬	😞	😟	😐	😊	😌	😏
	Wed	☹️	😬	😞	😟	😐	😊	😌	😏
	Thurs	☹️	😬	😞	😟	😐	😊	😌	😏
	Fri	☹️	😬	😞	😟	😐	😊	😌	😏
	Sat	☹️	😬	😞	😟	😐	😊	😌	😏
	Sun	☹️	😬	😞	😟	😐	😊	😌	😏

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Socialising & social context

This module aims to get you feeling more confident in handling social situations and going out in public, as a catheter user. We are going to look at how we can prevent social concerns getting in the way of living a life that is meaningful and pleasure filled.

Before we get started, please fill in your pixel tracker on page 2.



Common concerns

On-screen there are common concerns people have about socialising or being away from home when starting to catheterise.

Write down two concerns you may have about cathing away from home.

1.

2.

After this, please watch the videos of other users talking about their common concerns, how they coped in these situations and sharing some tips.

Why we fear others' judgement

Humans are social by nature. We naturally want acceptance from others, so our brains are alert to signs of rejection. This feeling intensifies when we have a health issue, disability, or belong to a minority group.

Downward arrowing

Follow along with Kiera and Sula to answer the questions below.

- 1 Write one thing you are worried about
- 2 Why does this make you worried?
- 3 Is that the worst thing?
- 4 Is there anything more?
- 5 What will it mean for you, and what will happen?

The anxiety equation

Here's what happens when you're anxious or worried about something. Your brain overamplifies the likelihood and awfulness and underestimates your ability to cope and the resources that you have.

$$\text{Anxiety} = \frac{\text{Perceived likelihood} \times \text{Perceived awfulness}}{\text{Capacity to cope} \times \text{Resources}}$$

To tackle the social concerns, we can work on all four

1. Reduce the perceived likelihood
2. Reduce the perceived awfulness
3. Increase your confidence in your capacity to cope
4. Enhance your resources or support

Complete the content below for 1 and 3. There are videos for 2 and 4 to help you.

1. Feared predications behavioural experiments

Last module you were introduced to "behavioural experiments". This is something we can use here too, to help the brain update the perceived likelihood of our negative predictions.

Listen to the behavioural experiment ideas in the video. Using the principles of behavioural experiments from the last session, we can now build on these ideas by following the instructions below.

- Write your feared predictions and rate how likely they are out of 100

Feared prediction

Rating

- Set up your experiment safely and reasonably
- Conduct the experiment and get your data
- Reflect on your findings and what it means about the predictions. Re-rate them
- Repeat!

3. Increasing your confidence in your capacity to cope

We need to build our capacity for dealing with situations where we fear the judgment of others.

We need to make sure we understand the distinction between assertiveness, aggression/confrontation and passive aggression.

In the table below match each statement to either assertiveness, aggression/confrontation and passive aggression. Do this before carrying on with the video to check your answers.

Statement	Type of behaviour
"I appreciate I took a while. It was unavoidable. It is unfair to tut at someone when you don't know their situation."	
"What the hell are you tutting about?"	
"Thanks so much for your patience." (with irony)	

Practicing Assertiveness log

Start with basic assertion for a week or two, then gradually practice other techniques.

Keep a log of your experiences to track progress and identify the most useful techniques.

Date / Time	Technique used	Situation and how used	Things to remember for next time
/			
/			
/			
/			
/			
/			

Let's reflect

During module 4, we have learned more about how we can prevent social concerns getting in the way of living a life that is meaningful and pleasure filled.

It's time to practice these new skills and techniques. Decide which techniques on the screen you are going to try out.



Imagery



Practicing assertiveness



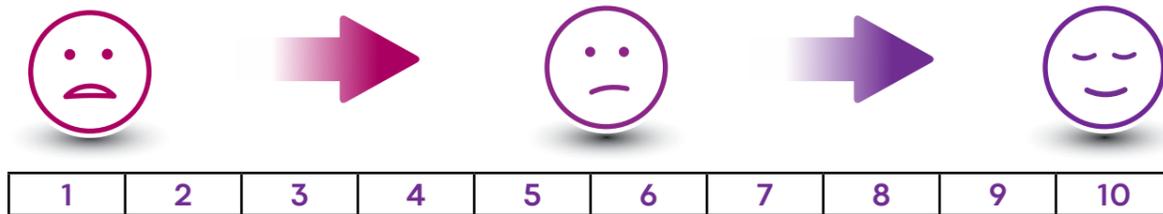
Behavioural experiments

When will you do this?

How often?

How will you know you've done it?

Before you go, how are you currently feeling about catheterising?
Log your current rating of anxiety about catheterising by ticking a number.



Scan for additional resources and access to Convatec me+ Continence Care support or visit qr.convatec.com/cc-meplus



Notes





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